P90X3

TOTAL SYNERGISTICS

DURATION: 00:32:41
EQUIPMENT: PULL UP BAR & DUMBBELLS
TYPE: RESISTANCE

CVX

DURATION: 00:34:55
EQUIPMENT: WEIGHT (MEDICINE BALL)
TYPE: CARDIO

P90X3

AGILITY X

DURATION: 00:35:23
EQUIPMENT: TAPE
TYPE: POWER

TRIOMETRICS

DURATION: 00:36:15
EQUIPMENT: NONE
TYPE: POWER

P90X3

THE CHALLENGE

DURATION: 00:33:48
EQUIPMENT: PULL UP BAR
TYPE: RESISTANCE

INCINERATOR

DURATION: 00:32:53
EQUIPMENT: PULL UP BAR & DUMBBELLS
TYPE: RESISTANCE

P90X3

THE WARRIOR

DURATION: 00:33:47
EQUIPMENT: NONE
TYPE: RESISTANCE

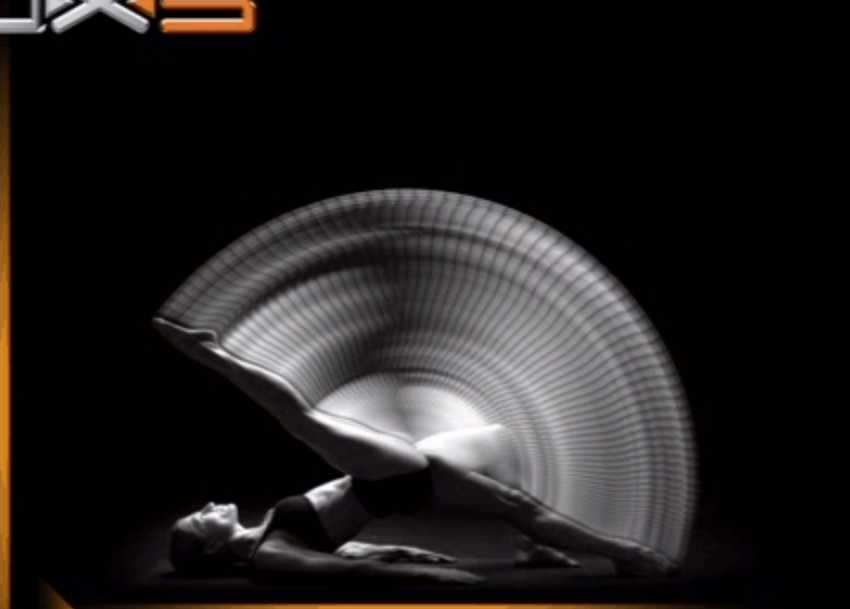
MMX

DURATION: 00:33:27
EQUIPMENT: NONE
TYPE: CARDIO

P90X3

X3 YOGA

Duration: 00:31:12
Equipment: Mat
Type: Core, Flexibility & Balance



PILATES X

Duration: 00:32:03
Equipment: Mat
Type: Core, Flexibility & Balance

P90X3

ISOMETRIX

Duration: 00:31:15
Equipment: Mat
Type: Core, Flexibility & Balance

DYNAMIX

Duration: 00:31:09
Equipment: Mat
Type: Core, Flexibility & Balance

P90X3

ACCELERATOR

DURATION: 00:32:24
EQUIPMENT: NONE
TYPE: CARDIO

DECELERATOR

DURATION: 00:34:35
EQUIPMENT: PULL UP BAR
TYPE: POWER

P90X3

ECCENTRIC UPPER

Duration: 00:32:41
Equipment: Pull Up Bar & Dumbbells
Type: Resistance

ECCENTRIC LOWER

Duration: 00:33:25
Equipment: Dumbbells
Type: Resistance